



EXERCISE RIGHT WEEK

MAY 20 - 26 2019

Getting Started With Exercise

Starting an exercise program can be daunting, but just remember – it doesn't have to be all or nothing. Even a small increase in physical activity can have a positive impact on your health and quality of life.

Why is Exercise Important?

The message is simple. Exercise is the best, cheapest, and most accessible medicine available. To improve chronic disease mortality rates, we all need to move more.

The reality is that Australians aren't moving enough, with less than half us meeting the recommended exercise guidelines.

Physical inactivity can be deadly. It is the second greatest contributor to the cancer burden in Australia, causing an estimated 21–25% of breast and colon cancers. Inactivity is also responsible for approximately 27% of diabetes and 30% of ischaemic heart disease burden.

The good news? A small change can make a big difference! If we all did an extra 30 minutes of brisk walking 5 days a week, it could cut Australia's disease burden due to insufficient physical activity by about 26%.

Top Tips for Staying on Track

1. Do something you like – If you hate it, you won't stick to it. Try different types of exercise until you find something you enjoy.
2. Make a plan – Set time aside everyday to exercise. Book it in your diary like you would any other appointment and make sure you make it a priority.
3. Start Small – Exercise isn't "all or nothing". Start with a little and build up gradually.
4. Mix it up – Change up your routine to stave off boredom and keep it exciting.
5. Buddy up – Being active with a friend, family member or partner increases the likelihood that you'll stick to it.
6. Get the right advice – If you're unsure of where to start, talk to a professional.

How Much is Enough?

Doing any physical activity is better than doing none.

See the government guidelines below:



2 ½ TO 5 HOURS OF MODERATE INTENSITY OR 1 ½ TO 2 ½ OF VIGOROUS INTENSITY PHYSICAL ACTIVITY, OR AN EQUIVALENT COMBINATION OF BOTH MODERATE AND VIGOROUS ACTIVITIES, EACH WEEK.

150-300 MINUTES MODERATE OR 75-150 MINUTES VIGOROUS ACTIVITIES PER WEEK

BE ACTIVE ON MOST, PREFERABLY ALL, DAYS EVERY WEEK

DO MUSCLE STRENGTHENING ACTIVITIES ON AT LEAST 2 DAYS A WEEK